RESEARCH METHODOLOGY & STATISTICS IN PHYSICAL EDUCATION M13PE1

UNIT I

Research Problem, Types of Research and Literature review : Meaning and Definition of Research –Criteria for selecting research problem – Qualities of Good Research – Basic research Applied research – Action research – Purpose of the literature review.

UNIT II

Possible area of research – Historical Research – Philosophical research – Longitudinal research – case study – Survey methods of collecting Data – observation – Interview – Questionnaire and experimentations – further research in physical Education.

UNIT III


UNIT IV


UNIT V

UNIT I Yoga History


UNIT II Methods of practicing selected Asanas

Methods of practicing selected Asanas (Shanthiasana, Makarasana, Padmasana, vajnasana, Sukhasana, Samasana, Bhujangasana, Salbhasana, Dhanurasana, Pascimottanasana, Ardha Matsyendrasana, Yogamudra, Vipanta Karani, Sarvangasana, Halasana, Mayurasana, Sirsasana, Chakrasana, & Suryanamaskar) Pranayama (Naddi Suddhi, Nadi Shodhana, Surya Bhedana, Bhastrika, Ujjayi, Bhramari, Sitali, Sitkari) & Meditation (Breathing Meditation, Object Meditation)

UNIT III Yoga and Physical Exercise

Difference between Yoga and Physical Exercise – meaning of physical fitness – Fitness components – Role of Asanas and Pranayama on physical Fitness components – Measures of Physical Fitness components.

UNIT IV Yoga and Mental Health


UNIT V Research in Yoga

Recent development in yoga research on fitness and Health – Role of Yoga on sports performance and training on different disciplines: Athletics, Ball Games, Combative sports, Individual sports.
REFERENCE


UNIT I  Computers

Component of Computer. Hardware, Software. MS word, MS excel, Presentation – power point and animations . Use of Computer in Physical Education. Meaning and advantages of SPSS. Statistical tools available in SPSS. SPSS Interpretation of descriptive statistics, Correlation, t-test and ANOVA output results.

UNIT II  Internet

Concept of WWW and Internet. Advantages of Internet. Online & Offline e-resources. E-mail, mail attachment, chat, website. Search engine – Meta search engine, e-journal, e-book, e-library, data base centre, E-resources for teaching and Learning. ISSN, ISBN. Impact factor.

UNIT III  Communication Skill


UNIT IV  Educational Skills


UNIT V  Professional Preparation for Competitive Examination

Logical Reasoning , Mathematical ability, spotting of dissimilarity, coding and decoding test, relationship analogy test, Teacher Education Psychology. Research Education.

REFERENCE

Deitel.H.M., Deital, P.J. and Goldberg, A.B. Internet & WWW How to program (3 ED) New Delhi: Prentice – Hall of India PVT LTD


AREA OF RESEARCH

M13PE4

UNIT I  Introduction


UNIT II  Literature Search

Finding related literature (abstract, journal, unpublished work) search engine, e-journal (online sources) – data base centre. Critical and allied literature – Basic literature search strategies. Primary and secondary references

UNIT III  Methodology


UNIT IV  Analysis of the data and results


UNIT V  Summary, Conclusions and recommendations

REFERENCE

